

Additional Service from State Means More Taxes, Chapel Warns

By CHARLES E. CHAPEL
Member of the Assembly
46th District

You can obtain more service from the State of California if you are willing to pay higher State taxes. If you want more prisons, mental institutions, homes for the handicapped, parks, beaches, harbors, and other public facilities, we must spend more money. There is no magic source of money. It comes from you and me. Please write and tell me which you prefer, more State services with higher taxes or present State services at present taxes.

One Day of Rest?
You may know that I am the author of the bill which says that all business and industrial activities except transportation, medical offices, pharmacies, and similar essential services, must close one day each week. The bill provides that each owner must select the day of the week on which he wishes to close his business and register that day with the State. It can be Sunday, Monday, or any other day, but he must be closed on the same day throughout the year. This is not a Sunday closing bill because it is impossible to get such a bill through the California Legislature, but this is the next best thing. If you like it, please tell me so. If you do

not like it, also tell me. Write to me immediately at Post Office Box 777, Inglewood 1, Calif. After Feb. 26, write to me at Assembly Chambers, State Capitol, Sacramento 14, Calif.

Women Labor Laws
The California State Legislature has before it a concurrent resolution calling upon the California State Law Revision Commission to review and analyze the laws affecting women in the labor field and report back later what changes are recommended.

There has been no complete review of the laws affecting working women since the revisions of 1911 and 1913. I believe this resolution will pass both houses of the California Legislature and lead to a complete revision of laws pertaining to working women within the next two years.

paid time and one-half and the present limitations of 8 hours in certain industries are removed. This is a very condensed version of two important bills.

Please remember that they are sponsored by the entire California State organization of National Business and Professional Women's Clubs. Members of this organization include M.D.'s, osteopaths, chiropractors, nurses, lawyers, dentists, secretaries, typists, accountants, clerks, police women and even female engineers, not forgetting women who own and manage businesses and industries. For example, one of the women behind the bill owns an iron foundry and another owns a machine shop, so you can see that they are not merely helpless little bits of fluff.

Have you had any trouble with a collection agency? Do you believe that most collection agencies are operated in an entirely ethical and honest manner, or do you think that they unnecessarily harass and annoy unfortunate debtors? Do you believe they try to frighten ignorant people by sending them fake documents which appear to be legal papers requiring prompt payment of a debt under the threat of fine and imprisonment.

Whatever your experience with collection agencies, please immediately write to me at P. O. Box 777, Inglewood 1, and tell me what legislation is needed to correct existing evils. I have two skeleton bills on this subject to take care of any necessary reforms.

Age Not Only Matter of Years But Partially of Eating Right Foods

By ROY O. GILBERT, M.D.
L. A. County Health Officer
Age doesn't seem to be altogether a matter of years. Some individuals appear old and set-tled while still on the sunny side of 50; others may seem youthful in their seventies.

No doubt the reasons for this are many, and sometimes inexplicable, but scientists who have studied the effects of nutrition on the aging process state that good health, resistance to the degenerative diseases, and a longer life span are all promoted to some degree by eating the right foods in the right amounts.

The nutrition department of the Harvard School of Public Health recently published a report in which it is stated that a well-balanced diet of the essential foods is just as important for the individual over 70 as for the older or younger adult. In the older person, however, certain dietary modifications are in order.

As a person grows older, there are a number of reasons why it is generally considered a good health measure to restrict the number of calories that are ingested. The insidious encroachment of age generally brings about decreased physical activity and a declining basal metabolism while, in the very old, there is also a certain decrease in height and weight.

Because of the slower metabolic rate, which simply means that the body's fuel in the form of food takes longer to burn up, some research workers go so far as to recommend that the caloric intake be reduced five to seven per cent for each decade of life beyond 25.

When more food is consumed than the body requires, the extra calories are stored up within the body in the form of fat. Should the habit of overeating persist, the individual becomes overweight and a strain is placed on all the organs of the body. Certainly there is statistical evidence to show that this condition affects the length of life unfavorably.

Adults, particularly after the age of 40, should therefore limit the intake of sugars, starches, and fats. Most of the day's calories should be obtained from fresh fruits and vegetables, meat or meat substitutes, seafood, poultry products, dairy foods, cereals, and whole wheat or enriched white bread.

Vitamins Needed
Since the amount eaten must be less, it is all the more important that the foods consumed be rich in the essential food substances, including vitamins and minerals as well as proteins—daily consumption of which is necessary, as excess protein cannot be stored in the body. Otherwise, the advantages of

eating less will be offset by nutritional deficiencies that, in themselves, usually result in a train of ills.

Studies have revealed that certain proteins taken at the same meal are of more value nutritionally than when eaten at separate times, since one seems to cause better utilization of the other within the body. Rice and peas are of greater nutritional value when eaten at the same meal for instance, than when each is taken separately at different periods of the day.

Must Overcome Barriers
But a number of factors influence eating habits, particularly those of the elderly. Food likes and dislikes, reduced income, lack of family, poor housing, an indifference to well-being, ill-fitting dentures, and a lack of sound nutritional knowledge are among the things that affect food intake. Not every one of these barriers to good nutrition can be overcome but, within limitations, improvements can be made.

Exercise, within the individual's capacity, is encouraged since it stimulates circulation, improves digestion, and encourages elimination, and also keeps some extra calories from being stored as fat. And, it is said, bones that are used are the stronger for it.

Whatever the age may be, proper nutrition helps people to help themselves. At any rate it is worth a try for, in the words of Sir Thomas Browne, to "grow too early old and before the days of age" is indeed lamentable.

SALVATION ARMY NEEDS USED GOOD

Contributions of cast-off clothing and other articles by local residents can enable the Salvation Army to continue an occupational therapy program to provide food, shelter and financial aid to homeless and handicapped men.

Brigadier William J. Parkins, manager of the Salvation Army Social Service Center for this area, said stocks of salvage materials are lower than at this time last year.

He pointed out that the center must have a continuous inflow of articles for reconditioning in its workshops to sell in Salvation Army Thrift Stores in this area.

"All receipts from the thrift stores, above actual operating costs, are returned to homeless and handicapped persons," Brigadier Parkins said.

In 1954, the local center provided 268,550 hours of work.

Science Fair Seeking High School Entrants

The fourth annual Southern California Science Fair will be held at the Los Angeles County Museum, April 23-29, and is open to junior and senior students in public and private high schools.

Sponsored by his science teacher and school, applicants are limited to one per 400 students. The deadline is April 2. Further information can be obtained from Gretchen Sibby, Science Fair Committee, Los Angeles County Museum, Exposition Park, Los Angeles 7.

therapy, 60,180 meals and 20,150 lodgings.

The center needs children's and adults' clothing and shoes, furniture, dishes, mattresses, bedding, kitchen utensils, home appliances, silverware, stoves, radios, toys, books, rags, rugs and bric-a-brac.

Brigadier Parkins urged local residents to telephone FA 8-1635 to bring a Red Shield truck to collect cast-off articles.

GOING OUT TONIGHT?

Eat with Charley

At DANIEL'S CAFE 1625 Cabrillo Ave.

WE'RE HAVING A **CELEBRATION SALE**

IT'S OUR 6TH ANNIVERSARY — AND YOUR CHANCE TO CASH IN ON A STORE FULL OF VALUES! WE ARE PROUD TO SAY WE HAVE BEEN HERE TO SERVE YOU SINCE 1949 . . .

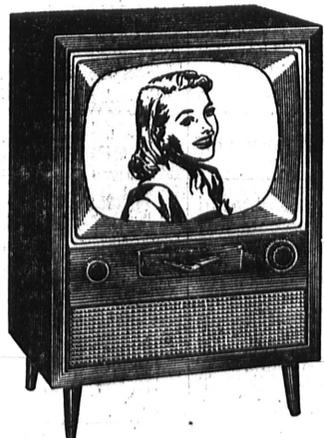
Come In Today and Get Acquainted at
TORRANCE TEE-VEE EXCLUSIVE DEALER FOR **RCA** TV AND APPLIANCES

NOT SMALL — NOT REGULAR

NEW 21" OVERSIZE PICTURE TUBE IN NEW RCA Victor TV



OTHER **RCA** TABLE MODEL TELEVISION AS LOW AS **\$159.95** (17 INCH)



RCA Victor 21-inch Highlander. Lowest priced RCA Victor console TV! Oversize "All-Clear" picture! Grained finishes, mahogany, lined oak, extra. Model 21551d. **\$269.95**

BANK TERMS!

1629 CRAVENS AVE. TORRANCE PHONE FAirfax 8-1722



CHARLIE REED
Proprietor



JACK BASSETT
Sales Mgr.



RUTH VAVAK
Bookkeeper



MAX VAVAK
Service Mgr.



DAVE CHRISTENSEN
Service Dept.



TED WALTERS
Service Dept.